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ABSTRACT

This series of 12 short newsletters provides parents with information on their child's growth and development in each month of the child's first year. Specific information on the child's physical, social, emotional, and language development is provided, along with information on feeding and health issues. Each newsletter also focuses on a particular issue of interest to parents, such as child safety, temperament, discipline, and learning, and gives specific suggestions to parents regarding the issue. (PCB)

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Cooperative Extension Service
University of New Hampshire

NEW HAMPSHIRE
DIVISION OF PUBLIC HEALTH SERVICES

WIC PROGRAM

CRADLE CRIER

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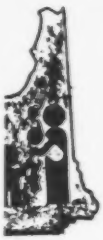

VOL. 1 MONTH ONE (1)

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TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)."

Dear Parents, Your baby is now one month old!

Are there times when you wonder if you will survive the next few days? Do you sometimes almost feel afraid of your baby? Do you handle your little one as if he were made of glass? If so, you are experiencing what most normal parents go through during the first few weeks of life with a newborn. Schedules are up-ended, sleep is lost, and your life centers around a small, seemingly helpless, but demanding infant.

The CRADLE CRIER will help you discover the joys and forget the pains of early parenting. The major focus will center on how your baby grows and develops month by month.

Your baby is unique--not like any other newborn. However, all babies develop certain skills in about the same order. Your child's skills may appear more quickly or more gradually than those of other babies.

If you recognize these abilities as they appear, you will be able to help your child learn as much as possible.

Often, young parents have limited experience with infants. In fact, you may not have seen a newborn until presented with your own. Your ideas may be vague about what a newborn should look like, what he might need, or what he will or will not be able to do.

Your expectations may be influenced by older babies seen in magazines or on TV. These babies' heads are perfectly formed, they are alert, smiling, and very responsive. Let's suppose your baby doesn't quite match the "pictures". Don't become discouraged!

Your beautiful baby may have that newborn look. Infants usually have a red and wrinkled face, their head is large in comparison to the body, the nose flattened and the eyes are usually closed. In spite of this "unfinished" look, your special baby is rapidly developing in many important ways.

Let's look at some of these changes.

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The Special Supplemental Food Program for Women, Infants, and Children (WIC) is open to all eligible persons regardless of race, sex, color, national origin, or handicap.

Printed and distributed by the Cooperative Extension Service and the New Hampshire Division of Public Health Services/ WIC Program. Materials were adapted by the New Hampshire Cooperative Extension Service from materials prepared by the Arizona Cooperative Extension Service. "Feeding and Development" Section developed by the New Hampshire WIC Program.

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MOUTH AND EYE DEVELOPMENT

After about three weeks of age, your baby will be able to open his lips at the corners and do a better job of swallowing during feeding. He may pause for a short time while learning to nurse.

"I want to lie where I can see people and activities!"

Your newborn's ability to use his eyes develops quickly. He can tell the difference between light and dark and see several colors. Your baby may be able to watch a colored object if it is moved slowly. Or, you may notice he likes to look at your face, simple patterns and that red is his favorite color.

Newborns are able to focus on things 8-12 inches away. So when you feed, cuddle or hold and talk to your baby; the distance is a "perfect" fit to encourage your baby to look and see.

"I want to watch brightly colored moving objects!"

SMALL MUSCLE DEVELOPMENT

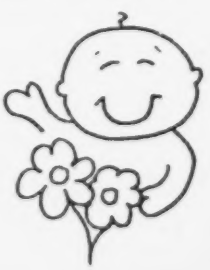
When you watch your child move his arms about you may see his fingers open out. This coordinated effort is not as sophisticated as you might think. It is simply a reflex action at this time. Your newborn has an automatic grasping reflex. He will also learn to grasp on his own very early.

You may test for this reflex by putting any object between your child's thumb and forefinger. A wishbone rattle is a good toy for small muscle development.

"Give me objects of various sizes and textures to grasp!"

SOCIAL DEVELOPMENT

One of the first social skills your child will acquire is smiling. At first your baby may smile only while sleeping but before you know it a smile may appear anytime of the day. Even though the first smiles are an automatic reflex action, your positive response to those smiles will encourage him to develop this skill very quickly. Parents and friends are downright flattered when babies smile at them!



Another early social skill is crying. This is your child's only way of communicating at this time. His "words" may be difficult to understand at first, but if you listen carefully you'll hear four basically different cries. One, this cry is simply from boredom. Your child wants attention, to be held, carried, talked to and cuddled. Two, oftentimes children cry because they are tired and need to be rocked or given some help in relaxing. Three, babies cry because of their need for sucking gratification. This need can be satisfied in those few moments of nursing after they've had their fill of food. Four, babies cry because of physical discomfort. Something is too cold, too hot, or poking them. They may feel a gas pain inside. Mothers usually learn to distinguish these cries within the first month.

"Notice my smiles and my cries!"

LANGUAGE DEVELOPMENT

Your baby could hear before he was born. He can already recognize different sounds. You may find your baby is able to turn his head to follow the sounds of a moving person or a loud crash.

Most of your child's vocabulary consists of "oo" sounds. Another interesting sound, usually made when bubbles are being blown, is best described as "booah". As early as 2-4 weeks your baby may make a short "ah" sound when looking into your face.

Most babies like the consonant "m", which later is combined with "a" to form a pretty important word.

At first, small throaty noises are a rather limiting language, but don't worry, your child will rapidly build upon these humble beginnings.

"Talk to me. I'm beginning to recognize sounds!"

EMOTIONAL DEVELOPMENT

Your baby's first negative emotion will probably be fear. He will be afraid of sudden loud noises and of falling. He will need many experiences in order to learn to distinguish which experiences to fear and which not to fear. Fright and pain usually call for screaming.

With a few experiences, loud noises won't bother him much. Your child can learn to sleep through the dog barking, TV, radio, and even brothers and sisters screaming and playing nearby. Music, in fact, may be rather soothing and make your child contented.

"Counteract my fears with happy experiences to give me a feeling of security!"

FEEDING AND DEVELOPMENT

MONTH ONE

Your baby is born with reflexes to help feed. Baby's mouth will turn out toward and locate a nipple or object which brushes the cheek. Baby can suck and swallow liquids. He doesn't need solid foods and his sensitive digestive tract isn't ready for them. Your baby's tongue will push solids like cereal and pureed foods out of his mouth until he is about 4-6 months of age.

Breastfeeding is the most nutritious and economical way to feed your baby Breastfed infants need vitamin D and fluoride supplements. After the age of 6 months they will also need an iron supplement, if iron-fortified infant cereal has not been introduced.

Infant formulas are very similar to human milk and are appropriate alternatives to breastfeeding. If you use a commercially made formula, check the label to be sure it is iron-fortified. Your baby may need a fluoride supplement, depending on the fluoride content of your water. Follow the directions on the can to prepare the formula.

Cow's milk should not be introduced until an infant is at least 6 months old. It is more difficult to digest, contains too much protein, and is more likely to cause an allergic reaction in young infants.

Each baby is different and develops his own eating habits and growth rate. Most babies go through their first growth spurt between 10-14 days old. A growth spurt is when your baby is seemingly hungry all the time. You may find yourself breastfeeding more often, or if you are formula feeding, increasing the amount of formula.

Be sure to hold your baby while feeding. Babies feel very secure and loved when held. Your voice is soothing to your baby. Talk to your baby and enjoy his closeness. Be comfortable and relaxed. Once or twice during each feeding and after the feeding, hold your baby upright against your shoulder or across your lap, and gently pat or rub the back to help your baby burp up swallowed air.

Within each 24 hour period, your baby should have 6 or more diapers wet with urine. If urine output is less, your baby may need more water, breast milk, or formula. Check with your doctor, nurse or nutritionist if you are concerned about your baby's growth or what your baby is eating.

Two excellent resources on breastfeeding are "The Complete Book of Breastfeeding" by M. Eiger and S. Wendkus Olds, and "Nursing Your Baby" by K. Pryor.

Do you know what is the number one cause of disability and death in children? Injuries from automobile crashes! The New Hampshire Child Passenger Safety Law States: Children under 5 years old must ride restrained by a seat belt or in a car seat while traveling in a motor vehicle. Most hospitals and home health agencies sponsor a car seat loan and education program. For more information, call the N.H. Child Passenger Safety Program at 646-5473.

Cooperative Extension Service

University of New Hampshire

NEW HAMPSHIRE
DIVISION OF PUBLIC HEALTH SERVICES

WIC PROGRAM

Dear Parents:

We hope you have enjoyed reading the first issue of CRADLE CRIER. CRADLE CRIER is a FREE monthly newsletter to parents with newborns. There are twelve issues, one for each month of your child's first year of life. Each newsletter will provide you with information on your child's growth and development.

If you would like to continue receiving CRADLE CRIER, please complete the form below and return it to your County Cooperative Extension Service Office, listed on the back of the form.

_____ Yes, I would like to continue receiving the monthly newsletter, CRADLE CRIER.

_____ I would also like to receive information on County Cooperative Extension Service materials or programs.

_____
Parents' Name

_____
Mailing Address: Town State Zip Code

Child's Birth Date: _____
Month Day Year

Today's Date: _____
Month Day Year

RETURN TO YOUR COUNTY EXTENSION SERVICE (LISTED ON BACK).

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Laconia, NH 03246

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County Administration Building
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45 Crescent Street
Claremont, NH 03743

Cooperative Extension Service
University of New Hampshire

N.H. DIVISION OF PUBLIC HEALTH SERVICES, BUREAU OF MATERNAL AND CHILD HEALTH, WIC PROGRAM

CRADLE CRIER

VOL. 1 MONTH TWO (2)

Dear Parents, your baby is now two months old!

Have you had an occasional day when you were hard-pressed to understand the familiar cry of your baby?

All babies cry! Regular bouts of fussy crying are common in the evening, just when dinner is approaching and household "stress" is at a peak. Your baby may be quick to pick up on these tensions and react with cries. One of the best ways to calm a household is to RELAX yourself, tough as that may be.

It is important to tend to your crying baby as quickly as possible. If your baby is upset, he should not be left alone in his crib for long periods. To aid you in your "trouble shooting", consider the following questions and suggestions for helping you soothe your baby.

"What do you think the problem is?"
"What have you tried to do?"
"What kind of a cry is it?"
"How often and when does he cry?"
"What does he respond to?"

Don't try all of these suggestions at once. Different techniques may work on different days or times of the day.

.holding quietly (don't feel you have to be in motion nonstop),
.holding and gently rocking,
.wrapping baby snugly in a receiving blanket (some babies find this too restraining),
.talk or sing softly,
.play music softly,
.keep your movements slow and smooth (don't jiggle or bounce),
.fill a hot-water bottle (with warm water), wrap it in a towel and hold it on baby's stomach,
.offer baby a pacifier (sucking is a form of relaxation for babies),
.place baby in a semi-upright position (this may relieve pressure on his digestive system from expelled gas), or
.place baby in an infant seat and move him about the house with you, he may just be "suffering from boredom."

Fussy crying can seem overwhelming at times, on the other hand, it's important to remember those bright moments as well.

Let's take a look at the highlights of your baby's behavior this month.

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College of Life Sciences and Agriculture; N.H. Department of Resources and Economic Development; County Governments; U.S. Department of Agriculture cooperating.

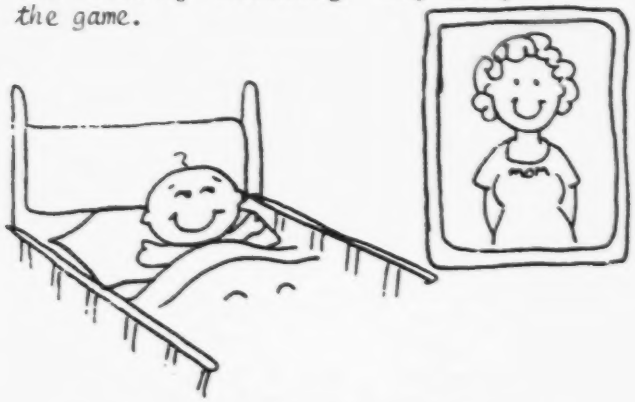
EYE DEVELOPMENT

Between six and eight weeks of age, your infant will exercise some willpower by pausing awhile during nursing in order to look at his surroundings. This is a significant event in the growing-up process. By about eight weeks, you will notice that these pauses come at regular intervals.

When your baby is quiet and alert, this is the chance for you to provide some large, colorful objects for your child to look at. Or, look into his eyes and talk to him.

Toward the end of the second month, your baby will become more interested in the world around him. Now he is awake more, looking about.

A few years from now, some teacher at school is going to say to your child, "Pay attention!" But we know that it isn't as easy as it sounds. The skill of paying attention starts very early, even in the cradle. You can help your child develop the skill of "attending" very early in the game.



"Give me a picture of my family!"

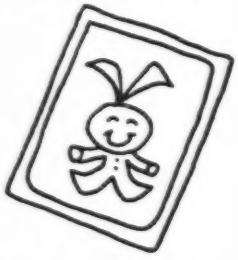
Since infants like faces and patterns, why not put a picture in a spot that would otherwise be blank? This can be an interesting visual experience and give your baby practice using eye muscles to focus on a visual object.

(1) Choose a snapshot of the family that portrays a loving feeling. Send it off to be blown up (to about two feet by three feet). If you can't find a place that does enlarging through magazine advertising, check with a camera store.

(2) Tape the picture to the ceiling above your baby's head so she can look up and see it while lying on her back. Point out to her when she's lying in her bed: "Look, Maria, there's Mommy and Daddy." The picture can be just one face or the whole family.

Your child will see a picture of those who love and care for her. This idea is especially good for the first months of your baby's life, when she's developing eye muscle strength, learning about the people and things around her, and beginning to develop into a social being.

A variation: When your baby seems to be losing interest in the picture, take it down and put up another--of her, a favorite toy, or just a pretty design. Don't be afraid to use your artistic talent, drawing a favorite person, toy or object may just fit the bill. If your baby doesn't seem to like the picture (if she cries and frets when she looks at it, or if she looks away from it), remove it.



SOCIAL DEVELOPMENT

It is important to spend time with your baby. Your baby is learning how to let you know what he needs, as well as how you can meet his needs. When you respond to

your crying or alert baby you are encouraging him to trust himself and the special people around him. Your baby will only cry if he needs you, if he is frightened, hungry, cold, bored... In the early months, your baby is <u>not</u> crying to manipulate you, to express anger at you or because you are spoiling him. Comforting your crying baby teaches him someone cares and that he can trust and reach out to people. Remember, you cannot spoil your baby by comforting him when he is upset or crying. It has been found if mothers pick up their young babies when they cry, by the end of the first year they cry <u>less</u> than crying babies who were not picked up!

LANGUAGE DEVELOPMENT

Your baby will begin to coo and gurgle between six and eight weeks. He will learn to talk by listening to you, so don't use baby talk. Talk to him as you work around the room. Imitate the sounds he makes. Talk to him as you care for him.

For example, "It's time for your bath." "Now I'm going to wash your face."

Get into the habit of using complete sentences.

For example, "We're going to put your hat on now." "Would you like to go for a ride in the car?"

Talk, talk, talk...respond to your child's sounds, even when it is jabber and cooing. When talking, get down to his level and look into his eye.

EMOTIONAL DEVELOPMENT

Your infant's movements are related to being happy--when your child smiles, waves his arms and kicks his feet, he is expressing emotions. Reward these emotions with warm, softly-voiced responses.

Remember, messages between you and your child occur during feeding. Whether your infant is fed by breast or by bottle, a very important part of feeding is holding and cuddling. During the early months your infant will sense your love by the way you handle him. Love messages are the most important messages you can give your child during his entire life.

LARGE MUSCLE DEVELOPMENT

Your baby may be able to raise both feet from the bed at the same time, and even rock back and forth. By two months, he should be able to hold up his head for a much longer period of time. Encourage and reward this effort with smiles, touches, hugs or warm words.

And, through learning to read your baby's nonverbal messages more and more effectively, you will become increasingly more responsive to your child.

SPECIAL NOTE:

As you participate in all of these activities with your baby, you will learn many things about your special child. By viewing and experiencing life through the eyes of your baby, you can rediscover the kinds of learning and skill required to be able to do all the tasks you do daily that seem simple or automatic.

IMMUNIZATION UPDATE:

Childhood Diseases are serious and can cause crippling and death. Please immunize your child for his sake! It's important that you keep a permanent record of your child's immunizations. Ask your doctor or clinic for one.

Your baby is due for his/her first dose of DTP (Diphtheria, Tetanus & Pertussis) and Polio. Remember to make an appointment with your doctor or clinic if you haven't already done so!

FEEDING AND DEVELOPMENT

MONTH TWO

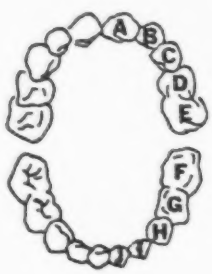
Your baby is raising her hand to her mouth and may suck her thumb or fingers. If you offer a pacifier to your baby, don't put honey or other sweetener on it. Head control is still weak, so continue to hold your baby when feeding. Don't prop a bottle in baby's crib because milk or water which is not swallowed may enter a tube leading to the ear and increase the likelihood of ear infection.

Your baby will probably drink more at each feeding and sleep longer between feedings during the second month. Most babies eat 3 to 5 ounces of milk about 5 to 6 times each day. Not all babies establish strict feeding schedules so don't be dismayed if your baby eats at different times each day.

Offer your baby 4 ounces of cool water daily. Offer water more frequently in warm weather to replace sweat loss. Don't add sugar or other sweetener to the water.

When Will My Baby's Teeth Come In?

After all the teething, the first tooth is a welcome sight. It usually comes in at about 6 months, but it may be a few months earlier or later. By the time your child is 2½ years old, he'll have all 20 of his "baby teeth".



ERUPTION OF PRIMARY (BABY) TEETH

	UPPER	ERUPTION	SHEDDING
	A	7½ mo.	7½ yr.
	B	9 mo.	8 yr.
	C	18 mo.	11½ yr.
	D	14 mo.	10½ yr.
	E	24 mo.	10½ yr.
	LOWER		
	F	20 mo.	11 yr.
	G	12 mo.	10 yr.
	H	16 mo.	9½ yr.
	I	7 mo.	7 yr.
	J	6 mo.	6 yr.

These are approximate times.

1983

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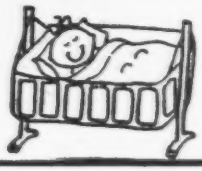
CRADLE CRIER



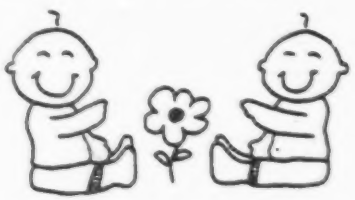
VOL. 1 MONTH THREE (3)

Dear Parents, your baby is now three months old!

Do you ever wonder if your infant has a "self", a mind of its own, even at the early age of three months? The answer is a strong "yes"! Although every child is different, most have an "inner self" or "will" which is present at birth, maybe even before. Your baby may enjoy kicking, grasping and moving right from the start or on the other hand may not be as active.

Your child's "self" continues to develop every day. Even though it can't be seen, it can be expressed at a very early age. You can see your child making big decisions about how to deal with the world in which he is growing up. Your child may be persistent in some activity and quit another as soon as it starts. You may carefully introduce your child to a new person (like a favorite aunt or uncle) and your child may or may not have anything to do with that person no matter what anyone does. When that happens, it simply means your child is expressing his "will" or "self".

You may feel your baby has an "internal" alarm clock, waking up at 6 a.m. no matter what time he went to bed. Babies should be sleeping about ten hours at night. Some babies continue to wake for short periods during the night. If your baby fusses and cries slightly, try counting to twenty before rushing in to make sure he's okay. This may help him to learn gradually to stop waking. If you leave your child too long in his crib when he's awake, he will not learn that being in his crib means sleeping. The time your child goes to bed is not as important as that he gets the right amount of sleep.



Your baby is unique--not like any other baby. Yet, we know from studying infant growth that all babies acquire certain skills in about the same order. Babies develop from their heads to their feet. Your baby most likely will first be able to support his head, then sit, crawl and finally walk. Your child's skills may appear right on schedule, or more quickly or more gradually than those of other babies. If you recognize these abilities and his sense of "self", you will be able to help your child learn as much as possible.

Let's look at some changes occurring during the third month of your baby's life.

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College of Life Sciences and Agriculture; New Hampshire Department of Resources and Economic Development; County Governments; United States Department of Agriculture cooperating.

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How do you tell your baby you love him without words?

Sometimes we have a hard time "talking" with babies because they can't talk back and we've forgotten how to communicate without words. So, here are some tips on how to tell your baby you love him without words.

1) Touch is the most important love message! Hold your baby in a gentle, secure way, giving tender caresses and affectionate hugs. Tell your baby you love him by letting your body express all the love you feel for him. (Tense, jerky abrupt handling gives the opposite message.)

2) Use your eyes to tell your baby you love him. Look at your baby eye-to-eye and smile. (If your face is tense and unsmiling you communicate these feelings to your child.)

3) Hum, whistle or sing to your baby. If your voice is low, gentle, scothing, full of joy and love, your baby will feel it.

4) Rock your baby. Find an old-fashioned rocker and use it while you're giving the "love messages" mentioned above.

"Give me a love message!"

MOUTH AND EYE DEVELOPMENT

By the third month, your child will probably have developed two kinds of sucking. One is the infant-suction type--fast, hard-driving and almost frantic; the other is more leisurely. Either way, your child presses his gums and tongue together to get the job done; except, one type is more vigorous than the other.

Do you realize the importance of what's happening?

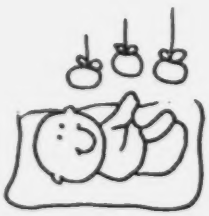
Your child is discovering how to pay attention to things! This is progress. Try this experiment. Put an object close to your child to look at while nursing or feeding. Slowly begin to move it away. The movement is likely to make your child stop sucking and "place-hold" until you put it back. (Place-holding is holding oneself ready to continue an activity that has been interrupted.) This place-holding during nursing or feeding allows your child to learn something about the object which was so fascinating. He "takes in" the information from the object and then uses his "will" to continue nursing.

"Who says I don't have a mind of my own . . . yet?"

SMALL MUSCLE DEVELOPMENT

Your child may be a bit frustrated at three months because he can't make his hands and eyes do what he wants them to. While these skills come as he grows older, your child may become impatient. Your baby can now learn to shake a rattle with his own hands to make a sound. You might also find him rattling the crib or mobile if it's within reach!

"Pretty toys help me learn to make choices!"



SOCIAL DEVELOPMENT

Your child may be able to laugh (or come close to real laughing sounds) at three months. He can certainly respond to your laugh by this time, too. In fact, your child is becoming aware that there are many different people around him. He can turn his head to follow objects, voices and music.

Your child's best social skill is saying "thank you" infant-style. When someone does something nice for him, he will show his delight by smiling or laughing a "thank you".

"I give thank you smiles for good deeds!"

EMOTIONAL DEVELOPMENT

Your child will be able to show degrees of emotions by smiling at experiences he enjoys, laughing at those which are exciting, and squealing with joy at the things which really delight him. His smiles of recognition are a sign he is feeling a sense of control over his world.

Your child has a great deal of emotional energy to let out.

"When I get excited I kick my feet and wave my arms as fast as I can!"

LANGUAGE DEVELOPMENT

Now that your child is three months old, he is rapidly learning how control his vocal cords. He can make almost any sound he wants to, and he makes new sounds almost every day. Notice how your baby smiles, coos and babbles when you talk to him.

"I like to talk and make different sounds!"

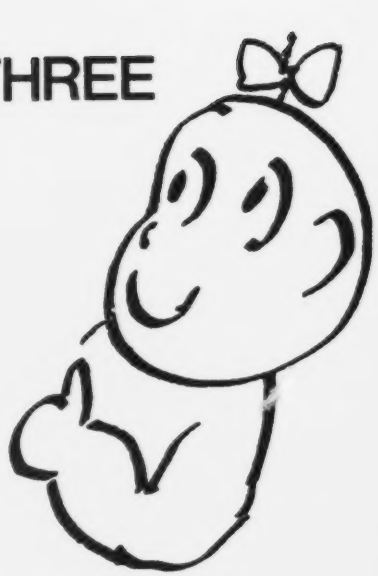
LARGE MUSCLE DEVELOPMENT

The huge, heavy ball we call a "head" has probably been giving your child some trouble. But, by the end of this month he'll hold his head steady and even begin to turn it from side to side. He has already learned to move his eyes back and forth, but control of his head, which is very big for his body, may still require a little practice.

"Boy, does my big head give me trouble!"

FEEDING AND DEVELOPMENT

MONTH THREE

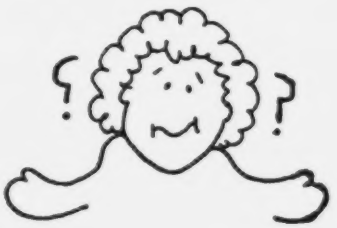


Baby shows anticipation at the sight of breast or bottle. BREASTMILK OR FORMULA CONTINUE TO BE THE ONLY FOODS YOUR BABY NEEDS. Your baby will probably drink 4 to 6 ounces daily, about 4 to 6 times per day. Your baby can now hold her head upright and her system is almost mature enough to digest the starch in cereal. You may introduce cereal to baby's diet between the fourth and sixth months. Begin with 1 tablespoon of rice cereal mixed with formula. Check the label to be sure the infant CEREAL is IRON FORTIFIED.

Start with rice cereal because it is least likely to cause an allergy. After about two weeks try oat, then barley, then wheat. After the plain, single grain cereals have been added you may add mixed and high protein infant cereals. Cereals in jars and cereals with fruit are not a good buy.

Feed the cereal with a small spoon, placing the cereal on the middle of baby's tongue. Expect some mess and be prepared for it. Don't put cereal or any other solid food in a bottle or syringe. Your baby will develop better feeding skills and eating habits if she learns to eat from a spoon. If you decide to offer cereal, 1-2 tablespoons offered 2 times per day is enough.

Why Worry About Baby Teeth?



They are going to lose them anyway so they aren't too important. Right? WRONG!

Baby teeth do 5 important things.

1. Chew food
2. Help your child to speak clearly
3. Guide in the permanent teeth
4. Add to general good health
5. Make a pretty smile

Cooperative Extension Service
University of New Hampshire

N.H. BUREAU OF MATERNAL AND CHILD HEALTH/HANDICAPPED CHILDREN AND N.H. WIC PROGRAM CONCORD, N.H.

CRADLE CRIER

VOL. 1 MONTH FOUR (4)

Dear Parents, Your baby is now four months old!

A question all parents find themselves faced with sooner or later is ... TO CALL OR NOT TO CALL ... their doctor. Whether it is prompted by a fussy, crying baby who never seems to sleep, concern over a developing rash or a worry about your baby's development, calling the doctor may be an important task to follow through on.

Here are some general tips on when to call your doctor. Call if your child is ...

- .unusually irritable (fussy),
- .up all night, can't sleep,
- .not urinating every 8-12 hours (may be getting dehydrated),
- .ear ache, sore throat or breathing problems,
- .drooling excessively, can't swallow and quite sick (call right away),
- .stiff neck,
- .fever lasting more than 2-3 days, or a fever over 104°, or if
- .the child looks very sick or is getting worse.

The most important thing to remember is if <u>you</u> are concerned or worried, NO question is too silly to discuss with your doctor.

To help you get the most accurate and useful information from your doctor or nurse, collect this information <u>before</u> calling.

.Observe your child (What is he doing? Are there signs of pain?).
.Take his temperature.
.Jot down the answers to the following questions if your child is suffering from a cold, has diarrhea or is vomiting:

<u>Cold</u>

ELEVATED TEMPERATURE?
LOSS OF ENERGY?
LOSS OF APPETITE?
ANY VOMITING?
HEADACHE?
REDNESS, PUS, OR TEARING IN EYES?
ANY INDICATION OF EARACHE?
SEVERE COUGHING?
RAPID, DIFFICULT BREATHING - WITH FLARING NOSTRILS?
DOES HE LOOK SICK?

<u>Diarrhea</u>

DOES HE HAVE ANY FEVER?
HOW MUCH?
ANY VOMITING?
IS HE COUGHING?
DOES HE HAVE A RUNNY NOSE?
ANY BLOOD OR PUS IN THE STOOLS?
ARE HIS EYES SUNKEN?
IS HE PASSING URINE NORMALLY?

<u>Vomiting</u>

DOES HE LOOK SICK?
DOES THE VOMITING CONTINUE?
DOES HE HAVE A FEVER?
IS HE SWEATING PROFUSELY?
DOES HE HAVE STOMACH PAINS?
OR DIARRHEA?

Let's look at some things you can expect during the fourth month of your newborn's life.

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College of Life Sciences and Agriculture; New Hampshire Department of Resources and Economic Development; County Governments; United States Department of Agriculture cooperating.

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MOUTH AND EYE DEVELOPMENT

By the fourth month, your child has probably mastered the "art" of place-holding! You can see this when he is especially hungry and sucking with vigor and you place a fascinating object in front of him. Does he stop eating? Not on your life! He place-holds! Although he stops vigorous sucking, he keeps his mouth in place so that he can go right on as soon as he's satisfied about the new information.

"I nurse hard for 10 minutes then smile at mom and look at dad!"

By the way, have you noticed how your baby can now follow moving objects with ease both near and across the room. He now can focus his eyes well at different distances but will prefer people or objects about one yard away. Your baby's visual development is now "almost" (95%) as developed as mom and dad's.

SOCIAL DEVELOPMENT

Your child is probably getting to be quite a social little tyke. The best part of his waking hours are spent chatting, smiling and laughing. This is also the time when your baby will begin to laugh aloud when tickled gently. Gurgles, bubbles, chuckles, giggles and shrieks are becoming familiar household sounds.

You may begin to notice he can anticipate being picked up and almost understand when it's bathtime. He may, in fact, hear water being poured for his bath and get excited to be put in it.

Most likely you have found a notable difference in how your baby reacts to you. Your child now is more sensitive to your moods and will react to your tenseness and anxiety.

Your child may select certain people to accept and reject. He may begin to show a preference for children at four months. With children, your baby talks, coos and laughs but when grandmother picks him up, he screams! This is normal behavior. Grandma is a strange adult face and takes some getting used to.

"Don't be surprised if I sometimes act shy or afraid!"

SMALL & LARGE MUSCLE DEVELOPMENT

Your baby's grasping strength has increased and is more flexible. When he is on his tummy, he can support the weight of his head and chest on one arm.

One of your child's greatest accomplishments will be to roll from his back to his stomach. Shortly afterwards, he will roll from his stomach to his side--he won't make it all the way for a few weeks!

"I can finally turn over from back to tummy, but sometimes I get my hand caught!"

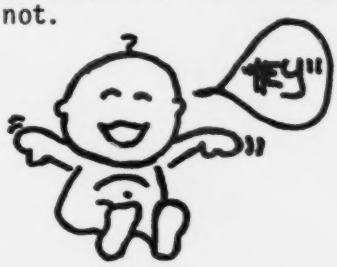
By the end of the month, your child's head muscles will be completely under control. Watch how he holds his head steady and how when lying on his stomach he will lift and hold his head, turning it in all directions!

Have you noticed that your child enjoys being propped up into a sitting position? He still needs your help, but he can <u>almost</u> pull himself to a sitting position by

himself--his large arm muscles are becoming more flexible and under control. For "exercise", your baby may delight in kicking both arms and legs in "swimming motions". This is his workout to help prepare him for creeping and crawling in the months to come.

LANGUAGE DEVELOPMENT

Here is something you may have noticed: "H" is your child's favorite consonant now and "ae" his favorite vowel sound. Do you hear your child saying "hey" a lot? Do you find yourself saying "hey" back? Your child is practicing his language and your response tells him if he's on the right track or not.



Some children learn to click their tongues and think it's really a great trick, especially when you make a game of it and click your tongue back.

Babbling is your child's main way to practice speech sounds, so leave him on his own once in awhile so he can practice this babbling. Your child probably won't babble as much when people are around to amuse him. Practice makes perfect.

When you say your baby's name, he will respond! He is responding to the sound of the spoken word, so whether you call "Joey" or "Sam", he will get equally excited.

EMOTIONAL DEVELOPMENT

Don't be too overprotective of your child. Give him lots of toys which are safe to use, and provide plenty of room to experiment with them. There will be a few bumps and bruises, but on the whole, these experiments turn out pretty well.

You are providing your child with space to express his emotional energy.

How about providing "A Variety Show for Baby"? Hang a few items from a sensory stand (as shown here), from a piece of elastic across your baby's crib, or from a coat-hanger suspended from the ceiling. Change the items and location often as your infant responds to and tires of the objects.

Here are some suggestions for objects:

rattles
stuffed toys
costume jewelry
aluminum pie tins
old greeting cards
colored clothespins
balls from old socks
family members' photos
measuring cups, spoons
shapes of colorful metal

Remember mom and dad are an important and fun source of learning about the world. Play with your baby, spend time together learning about each other. Toys are no substitute for people. You are still your baby's most interesting plaything, and time with you is the best growth stimulation you can give.

IMMUNIZATION UPDATE:

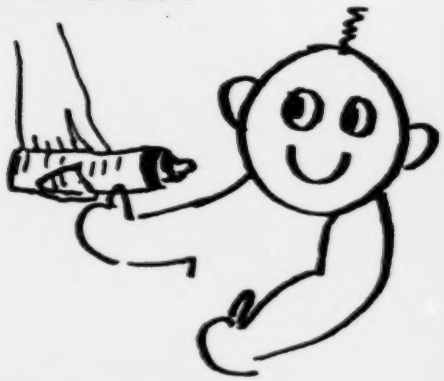
Your baby is now due for his/her second dose of DTP (Diphtheria, Tetanus & Pertussis) and Polio. Call your doctor or clinic for an appointment.

FEEDING AND DEVELOPMENT
MONTH FOUR

Your baby is ready to accept juice. Begin with apple or pineapple juice. Read the label and buy juice with added Vitamin C. Wait for a couple more weeks before introducing orange juice. Orange juice sometimes causes allergy. Don't buy fruit flavored drink, punch or soda. Infant juices are a good source of Vitamin C but are unnecessary and not a good buy.

Mix one teaspoon of juice with one teaspoon of water. After baby is accepting 6 teaspoons of juice mixed with 6 teaspoons of water, you may gradually decrease the amount of water added until baby is drinking 2 ounces of plain juice. Don't heat the juice as heat destroys Vitamin C.

Don't put your baby to bed with a bottle of juice or formula. Teeth are developing below the gums and will soon erupt. The natural sugars in juice and milk cause an increase in dental decay in primary and permanent teeth. This can be painful and costly.



What's Baby Bottle Mouth?

Baby bottle mouth is severe tooth decay that can happen with prolonged use of the bottle. It's caused by the sugar in the formula, juice or other liquid. If your child goes to bed with the bottle, it's more likely to happen.

Prevent baby bottle mouth by feeding your baby his bottle before putting him to bed. Wean him from the bottle by one year.

Cooperative Extension Service
University of New Hampshire

N.H. DIVISION OF PUBLIC HEALTH SERVICES, BUREAU OF MATERNAL AND CHILD HEALTH, WIC PROGRAM

CRADLE CRIER

VOL. 1 MONTH FIVE (5)

Dear Parents, Your baby is now five months old!

Do you ever find yourself thinking or saying: "Gee, my baby is as good as gold, I can take him anywhere" or "We really have our ups and downs in our household, some days all is smooth and the next day everything is topsy-turvy" or "I'm afraid to take a step out of the house with my baby, no sooner do I get near the door and he's upset and crying."

Your baby has his very own temperament or style for getting along in his world. This is why what worked for cousin Sally's baby may not work for you! Some babies are active, other average and still others quiet.

If your baby has a quiet temperament he will adjust to changes in his daily routine slowly. With a little extra time and attention, he will become comfortable with new situations and people.

An average temperament means your baby is "happy go lucky", he easily fits into whatever new adventures come his way.

"Gee, I'm happy!"

On the other hand, if your baby is active he will have a difficult time adjusting to new experiences. Your active baby will become easily upset and distracted. Remember, if your baby is active, changes are hard on him and he will need more time and comforting when experiencing new people and places.

It is important to let your baby know you understand his special style or temperament, giving him as much or in some cases little as he needs!

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College of Life Sciences and Agriculture; N.H. Department of Resources and Economic Development; County Governments; U.S. Department of Agriculture cooperating.

MOUTH AND EYE DEVELOPMENT

By the age of five months, your child should be learning the "reach, grasp, retrieve and put-in-the-mouth" trick pretty well. Actually, it is a highly developed skill. But, it may seem like the mouth is the final resting place for a lot of objects. Does your child open his mouth and keep it open until something fills it up? Not only that, does he keep his eyes on the object until it gets into his mouth? If so, all's right with the world! Be content that your child is behaving normally.

"I look at everything and reach for everything! If I can reach it, I will put it into my mouth!"

This is why babyproofing your home is so important. The kitchen and bathroom can be dangerous rooms as your baby will touch, grab, taste or swallow anything within reach.

SOCIAL DEVELOPMENT

Your child is beginning to develop some new social tools. Some of these tools are: 1) responding skills through such games as "peek-a-boo" and "pat-a-cake"; 2) ability to tell people apart; 3) confidence growing from the security of close family members.

The "good" social attitudes your child gains help shape the foundation for his future. Although he may suddenly become afraid of a stranger, freeze, or even shriek when one appears, this fear is understandable. Adjusting to strangers is a very difficult skill to master at five months.

The first step in learning to control emotions is beginning to understand what "I" feel. So, when you say "You're frustrated...upset...or frightened" you are helping your child learn about his feelings.

Don't let your child's responses discourage you. Let strangers approach him one at a time, until they are no longer strangers, but friends. Be sure you or familiar family members stay close if his social behavior is not "working well" with people he doesn't know.

"Bring strangers to me one at a time!"

SMALL MUSCLE DEVELOPMENT

At five months your child can probably accept one object at a time when it's handed to him, but his grasp may be rather slow and clumsy. Don't be alarmed if he drops more objects than he holds. The strength in his small muscles will build as he grows.

Provide many opportunities for your child to practice the reach-grasp "trick" because this skill is basic to more complicated movements later on.

"This is my reach and grasp trick!"

LANGUAGE DEVELOPMENT

Your child is probably discovering that learning a language is not an easy task, especially when all words sound alike. One thing is certain; your child will do a lot of practicing in the next few months. Most practice time will be in those few moments just before he drops off to sleep. He'll concentrate on vowel sounds like "ma-ma", "da-da", "na-na", or "bah-bah". It will sound like vocal gymnastics and that's exactly what it is.

Language games are so important at this stage of your infant's development. Repeat the sounds your child makes so he can hear them twice. As he says them back to you he's getting important feedback on how his new language sounds.

"Speak clearly so I can practice the sounds of your words!"

EMOTIONAL DEVELOPMENT

Do you notice that your child has a lot of energy? At five months, most babies throw a good deal of emotional energy into everything they do! The kind of "self" your child is developing probably becomes clearer every day. Do you already see streaks of shyness, bold quick temper, pouting? These early emotions are the natural forerunners of adult emotions. Controlling inner emotions will be one of the most difficult tasks your child will be faced with in his journey to adulthood.

Try to help your child develop a good sense of humor. The ability to laugh at himself and at life is a precious skill. Teach your child to see the funny side of very early.

"What can I do with all my energy?"

LARGE MUSCLE DEVELOPMENT

Although your child may be reaching for things, he probably misjudges the distance most of the time. Do you see him reach for things too far away? Nature will soon help your infant's sense of distance. He will just have to wait for that to occur and get used to some frustrations in the meantime.

As well as other toys, give your child an old-fashioned wooden clothespin to play with. This gift is something he will thoroughly enjoy because he can do all sorts of things with it. Once he gets the feel of it, he can put it in his mouth, pull on it, twist it, move it from hand to hand, and bang it on other objects. Old-fashioned clothespins have all sorts of possibilities!

"I'd rather have an old-fashioned clothespin than a football!"

FEEDING AND DEVELOPMENT

MONTH FIVE

Your baby is helping to hold the bottle and has developed a biting reflex. Use of the tongue to move food from the front of the mouth to the back and from side to side is mastered. Your baby can sit with support. The time is ripe for introduction of solids.

Start with cereals and progress to pureed or mashed fruits and vegetables. Begin one new food at a time, allowing 3 or 4 days before the introduction of each new food. Your baby will enjoy the tastes and textures of new foods introduced gradually. Also, you will be better able to detect allergic reactions to new foods introduced in this way. Feed your baby plain, unmixed fruits and vegetables without added starch or sweeteners.

Feed your baby with a small spoon. Don't spoon food from the jar into baby's mouth. Instead, scoop a small amount out of the jar and into a dish. Place the covered jar containing unused food in the refrigerator at once. Dispose of food remaining in the dish after feeding.

Most babies eat all they need. Don't coax your baby to eat more than he wants. Overeating in childhood may lead to weight problems. If you have questions about whether baby is eating enough, ask your nutritionist.

SOME FACTS ABOUT DENTAL DISEASE

- There are 2 major dental diseases: TOOTH DECAY and GUM DISEASE.
- They are both caused by germs that live on their teeth.
- Sugar (honey, brown, raw or table sugar) is the main food for these germs.
- Heredity and general health can influence these 2 diseases.
- HALF OF ALL CHILDREN HAVE CAVITIES BY THE TIME THEY ARE TWO!

1983

Cooperative Extension Service
University of New Hampshire

N.H. DIVISION OF PUBLIC HEALTH SERVICES, BUREAU OF MATERNAL AND CHILD HEALTH, WIC PROGRAM

CRADLE CRIER

VOL. 1 MONTH SIX (6)

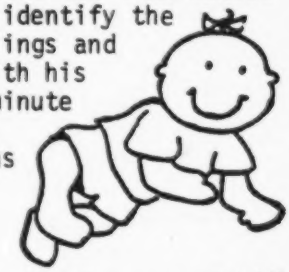
Hello Parents, your baby is now six months old!

SIX MONTHS! What a milestone! Think about the growth your baby has made in the first half-year of life. Remember the first time you saw your newborn and wondered how anything could be that small and fragile? However, in the next 180 days you will see more changes in your child's behavior than at any later period of life. The old saying holds true: "Babies don't stay babies long!"

For twelve years, the Harvard Preschool Project has been studying the behavior differences between well-developed and poorly-developed children. They report that differences are related to the way parents handled their children and organized their lives. Parents of well-developed children were less restrictive, good at judging what the children wanted and also able to say "NO" when their children made unreasonable demands.

"I make lots of demands!"

They understood their child's needs and encouraged development in 3 major ways: One, they safety-proofed their home so their child could explore his surrounding and use his natural curiosity. Two, they were a "consultant" to the child as he explored his world, got excited, hurt, frustrated and then wanted attention. They tried to identify the source of the child's feelings and "teach" him how to cope with his world. These little one-minute teaching and learning exchanges might happen dozens of times a day. Three, they set firm limits and were consistent in their discipline.



"Wow, what a world!"

Babyproof Your Home

- .Store all products up high, not below the sink and in low cupboards.
- .Store medicines separately from cleaning agents and store everything away from edible products.
- .Keep all products in original containers.
- .Keep a bottle of IPECAC SYRUP at home.
- .Jot down the N.H. Poison Center number and keep it by your phone--1-800-562-8236.

So, to help <u>your</u> child develop fully in the next six months, be a "helpful consultant", a "creative designer" of his world, and "sensible source" of authority and discipline.

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MOUTH AND EYE DEVELOPMENT

Recently, a mother of a six-month-old said: "Everything goes in my infant's mouth. She loves to play with magazines and newspapers. Is it harmful for her to chew newspapers? Is the ink and coloring dangerous? Should I try to stop this habit?"

Well, a recent study showed that some brightly printed ads on newspaper and magazine pages contained lead. Too much of this lead, combined with things like dust on the floor and in the air, could cause the first phase of lead poisoning. So, since there are so many things that are safer for your child to chew, perhaps it'd be a good idea to keep magazines and newspapers out of his reach for awhile.

"If I can reach it, I will eat it!"

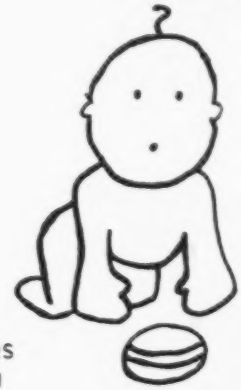
SMALL MUSCLE DEVELOPMENT

Earlier, when your child reached for something he probably had to keep his eyes right on it. Now, after his eyes get him started, he can almost close them or look away and still get what he wants by feel alone. He doesn't need his eyes to guide his hands. His activity is clearly more coordinated and "polished".

"Help me get my eye and hand act together... hand me objects to grab, pull + put in my mouth!"

LANGUAGE DEVELOPMENT

One of the most interesting things your child will discover in the next months will be the connection between his voice and himself. About once a week, your child learns a new sound and thinks squealing it is great fun. In fact, you may observe your child practicing his sounds, or vocalizing, and suddenly let out a squeal, scaring himself enough to cry.



It may seem funny to you. But remember, your child isn't quite sure where all the noise is coming from; he's just beginning to realize that he's the noise-maker!

"Someone around here is awfully noisy!"

At this time, your baby is building up his passive vocabulary, understanding more than he is able to say.

"Don't be surprised, mom and dad, if I can tell the difference between the names of a few of my favorite toys!"

SOCIAL & EMOTIONAL DEVELOPMENT

Your baby is in the budding stage of intentionality, learning he can make things happen that suit him. This means new squeals of joy and delight spring forth as a new skill is accomplished such as creeping. But intentionality also emerges when your child is angry or upset, crying if an intended movement fails or an attentive adult stops playing with him.

This is the first time your baby will realize he can count on you for carrying out his intentions. By late in the first year, he will learn he can cry on purpose, letting you know you are interfering with his intended behavior. This is a very normal behavior. Your child will need help to handle these feelings in a different way.

"Help me relax!"

Although your child is growing in a social and emotional way, there may be times when he is cranky, restless and tense. How do you quiet him, get him to relax and stop fussing?

Recent research says that steady, monotonous sounds, light and temperature, soothe an upset baby and calm him down enough to sleep. Try some of these suggestions the next time you don't know how to quiet your child:

1) Rock your baby rhythmically in a cradle, baby buggy, stroller or your arms.
2) Keep the room at an even temperature, neither too cold nor too hot.
3) Turn a light on where you want him to sleep.
4) Sing a gentle melody over and over, play soft, soothing music steadily, or provide some monotonous sound like a fan or motor noise.
5) Wrap your baby in a soft, light blanket or cloth to reduce his random movement and keep him from thrashing about.

Infants have good and bad days just like adults. Teething, indigestion, sunburn are physical causes for stress. More "hard to see" reasons for fussiness and crying are uncertainty, sharp noises, fear, and leave-taking of a parent or caretaker. Help your baby relax by trying some of the above suggestions.

LARGE MUSCLE DEVELOPMENT

At six months, your child may be full of tricks and stomach rolling may be one of them. It can be a lot of fun, unless it's after a big meal. Spit-ups are very common after performing the stomach-rolling trick.

Have you discovered that when you put your infant on a blanket on the floor, he can creep backward and around in circles with just a little forward movement?

Another of his tricks is to lean forward in his infant seat. In fact, if your child isn't content to lie back anymore, it may be a safety problem; so watch out for his trick.

Even though two infants may be the same age, they grow in different ways and master tricks at different ages. Which means . . .

"I'm different from all others my age!"

Your child certainly grows and changes every day, in many ways. CRADLE CRIER only suggests an average rate of growth and change each month. This rate is based on the study of many babies but always remember, YOUR CHILD IS UNIQUE! He is different from all others. Be his "consultant" to encourage full development.

IMMUNIZATION UPDATE:

Your baby is now due for his/her third dose of DTP (Diptheria, Tetanus & Pertussis). Please call your doctor or clinic to make an appointment.

FEEDING AND DEVELOPMENT

MONTH SIX

Your baby is developing lots of new skills. Because lip and tongue control are improved, baby can remove food from a spoon more effectively and swallow more quickly. Drooling is lessened. Because your baby can sit upright, reach for objects, and bring objects to her mouth, she is able to feed herself finger foods such as toast squares, bite-sized soft cooked vegetable and sliced banana.

BREASTMILK OR COMMERCIALLY PREPARED IRON FORTIFIED INFANT FORMULAS CONTINUE TO BE THE BEST FOODS FOR YOUR BABY. If baby is eating about 1½ jars (about 6 ounces) of solid food each day, it is O.K. to switch from formula to Vitamin D fortified dairy milk. Wait if your baby's solid food intake is less than 6 ounces or if your doctor or nutritionist recommends that you postpone feeding dairy milk until she is one year old. No reduced fat milks (non-fat, 1% and 2% fat) should be offered during baby's first year of life. Do not feed chocolate milk which contains sugar and caffeine, and never boil your baby's milk.

Because dairy milk is a poor source of iron, it is important baby obtain iron from other foods or iron drops. Seven tablespoons of iron fortified infant cereal will provide baby the iron she needs. Mix two tablespoons of formula or breast milk with each tablespoon or dry cereal.

TEETHING

When your baby's teething he'll drool a lot and will want to chew on everything.

Give him a cold teething ring or an ice cube wrapped in a towel. You may also rub his gums with your clean finger. Do not use sweet spirits of niter (poisonous), paregoric or turpentine.

Your baby may have a runny nose or a rash on his face and be fussy when he's teething. Teething DOES NOT cause high fever (over 101 degrees F), vomiting, or bad diarrhea. If your baby has a high fever, diarrhea, or is vomiting call your doctor or nurse.

1983

Cooperative Extension Service

University of New Hampshire

N.H. BUREAU OF MATERNAL AND CHILD HEALTH AND N.H. WIC PROGRAM, CONCORD, N.H.

Dear Parents:

Please let us know if you would like to continue receiving CRADLE CRIER by completing the form below and returning it to your County Cooperative Extension Service Office.

_____Yes, I would like to continue receiving the monthly newsletter, CRADLE CRIER.

_____
Parents' Name

_____
Address: Street Town State Zip Code

Because you have indicated an interest in receiving CRADLE CRIER, your ideas and opinions are very important to us. Please take a few minutes to let us know what you think about CRADLE CRIER.

1. Did you receive all six CRADLE CRIER newsletters for months one through six?

_____Yes _____No

2. Do you think:

	Always	Often	Some-times	Hardly Ever	Never	No Opinion
a. the newsletters were easily understood.						
b. the newsletters were interesting.						
c. you gained valuable information by reading CRADLE CRIER.						
d. you would have preferred a different way to get this information.						
e. overall, CRADLE CRIER was helpful.						

3. What information in CRADLE CRIER did you find most useful?

4. What improvements or changes would you suggest for CRADLE CRIER?

5. Other comments.

Cooperative Extension Service
University of New Hampshire

N.H. DIVISION OF PUBLIC HEALTH SERVICES, BUREAU OF MATERNAL AND CHILD HEALTH, WIC PROGRAM

CRADLE CRIER

VOL. 1 MONTH SEVEN (7)

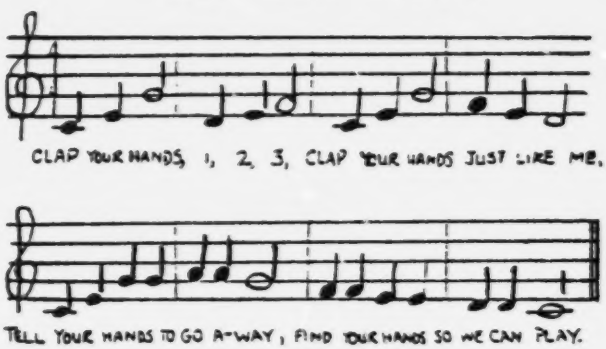
Hello Parents, Your baby is now seven months old!

A baby learns so much when he does things with his parents. In fact, PARENTS ARE THE MOST IMPORTANT TEACHERS A CHILD EVER HAS. Giving your baby good learning experiences is not only an important part of parenting, it's also a lot of fun. Babies of whatever age learn from playing. Play is their "work". At different ages they bring to their "work" different skills and interests, plus a whopping big curiosity about their world. Encouraging your child's natural curiosity is a big job. It's something you do <u>with</u> your child, not <u>to</u> your child.

At this age, hands are very important "work" for your child. He's curious about his own hands, your hands, and sister's hands. Here is an activity to help him develop this curiosity and give him new ideas for future development.

Play a hand clapping game with your baby. Clap his hands together and then hide them under a blanket or handkerchief. Here is a little jingle-song to go with the game:

CLAP YOUR HANDS



If you think your child is ready for this activity, you can help him by taking his hands in yours and showing him how, as well as by letting him watch you clap your hands. Soon he'll be doing it on his own. Discovering that hands are really there even though they are covered up is an important idea for future development.

REMEMBER, YOU ARE YOUR CHILD'S MOST IMPORTANT TEACHER.

Printed by the N.H. Bureau of Maternal and Child Health, N.H. WIC Program. Distributed by the N.H. Cooperative Extension Service & N.H. WIC Program. Materials were adapted by Beverly Strzok, Human Development Specialist, Cooperative Extension Service, from materials prepared by the Arizona Cooperative Extension Service. "Feeding and Development" section by N.H. WIC Program.

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College of Life Sciences and Agriculture; N.H. Department of Resources and Economic Development; County Governments; U.S. Department of Agriculture cooperating.

MOUTH AND EYE DEVELOPMENT

Is your child gaining control of his world through his eyes? Besides hands, are faces playthings? Do you wonder why your child insists on exploring your nose, mouth, eyes, ears? Babies watch faces, and then try to copy them. In fact, sometimes infants stare at strangers--as if they were trying to memorize their features--and then make funny faces themselves. It may be a bit embarrassing, but this is how a child explores and begins to control his world.

Even very young babies learn to control their parents' behavior through use of their eyes and mouth. For example, you and your baby look at each other. Your baby turns away, so you look away. Your baby turns back and sees that he's lost your gaze. He starts fussing and whimpering and you look back at him again. And so the game goes! Babies quickly develop elaborate tricks to hold their parents' attention.

SMALL MUSCLE DEVELOPMENT

Your child may be able to accept two small toys at a time. In fact if you hold out two rattles, he may not be able to choose between them, so he grabs them both.

Another small step which may appear any day now is called the "transfer trick". Let's say your child has a favorite toy in one hand and you offer him a new toy near that same hand. The trick is to transfer the old toy from one hand to the other and reach for the new toy.

See if your child has mastered this trick. But, remember, not all babies grow and develop in the same way at the same time. Each child is unique.

"I take my toys two at a time!"

EMOTIONAL DEVELOPMENT

Help your child understand his emotions by putting them into words for him. For example, talk to your child while you are doing things with him. Say, "Look what Johnny's got! Johnny's excited. Johnny likes to play with his red car. Johnny likes his toys." Or, "Susie feels bad. I'll help you up, Susie."

Understanding your emotions takes a long time, even many years, but the first step toward that goal starts very early in life.

"Talk to me! I like it!"

SOCIAL DEVELOPMENT

In the early 1900's, William James described an infant as a "blooming, buzzing mass of confusion". In those days people thought babies were unfeeling little bodies without organized thoughts or developed senses. They were wrong.

Based on experiments and observations since then, we believe that a baby knows who he is long before he has the language to tell us so. Research in the past 20 years has shown that infants in the first year gain a great deal of information about their world in general and their social world in particular.

Your child can tell strangers from parents and adults from children. Occasionally, your child may thrust out his lower lip and fill his eyes with tears when a stranger comes up unexpectedly. However, for the most part he probably enjoys being handed back and forth from person to person, especially when there are games of peek-a-boo and pattycake going on.

"I love to bounce on someone's knee!"

LANGUAGE DEVELOPMENT

Has your child learned to blow? Does he use his tongue on the roof of his mouth to make a clicking sound? These are two important tricks for good language development. If you make a game of blowing air and clicking your tongue, your child will try to imitate your action. These games are important for future language needs.

If you haven't begun already, now is the time to start the "touch and name" game. Touch different parts of your baby's body and name them: "This is Sally's foot." "Here is Sally's nose." "Where are Sally's fingers? Here they are."

Touch your own body parts and do the same thing: "Here's Mommy's nose." "Here's Daddy's nose." "Here's Sally's nose."

"I love to play games!"

Your child will develop an awareness of himself and his body, understand the connection between words and objects and action, and practice his language all in one game.

LARGE MUSCLE DEVELOPMENT

Standing up by pulling on furniture or parents' fingers is a proud moment for your child because it opens up many new doors. (Unfortunately, that means real doors, too.) Some children will have mastered this trick by now, others aren't nearly ready for it yet. EVERY CHILD IS DIFFERENT. For example, it is often said that wiry babies are more active and develop at a faster rate than fat babies, but this just isn't true.

Your child has a unique timetable programmed somewhere in his or her body and is the only one who can "set off" each new event on that master schedule of growth and development.

"Standing up or sitting down I'm learning!"

FEEDING AND DEVELOPMENT

MONTH SEVEN

Your baby is learning about the many tastes, smells, textures and colors of food. With so much to learn it is important not to rush your baby. Always start a new food with one or two teaspoons. Add one food at a time and wait for 3 to 4 days before adding another. Sometimes your baby may appear to dislike a new food. Don't force your baby to eat the food. Mix one teaspoon with some mashed potato or other familiar food. Try feeding the food again in about a week. Offer it with foods you know your baby likes.

FLUORIDE TOUGHENS TEETH

Your child should take fluoride drops daily if there is not enough fluoride in your water. Check with your dentist or pediatrician. The fluoride will make the teeth stronger and less likely to get cavities. When your child goes to the dentist, he can give your child extra protection with regular fluoride treatments.

Some babies can begin drinking from a cup. If baby is still breast-feeding, fine. Juice and water can be offered. It is best to use a cup for juice. Baby should be sitting up in a high chair. Hold the cup for your baby, allowing her to place her hand on it. Use a plastic cup with a thickened, out-turned rim. Baby's lip is strong enough to curl under the rim.

Because your baby eats small amounts it is not always practical to buy baby foods in a jar. Unused baby food in opened jars should be thrown away if not used within several days. Make your own baby food to avoid this waste. Just mash or blend foods prepared for the family. Ask your nutritionist how to prepare your baby's food.

Your baby learns food likes and dislikes from his family. If Mom or Dad make faces and refuse to eat a certain food, chances are baby will too. Mealtime for baby and the entire family should be pleasant and relaxing. If baby's high chair is placed on a new carpet, chances are mealtime will not be pleasant (a covering on the floor may help). Expect some mess and prepare for it. A bib, a dish with a suction bottom, a covered cup with double handles, a high chair, and patience will help .

1983

Cooperative Extension Service
University of New Hampshire

N.H. DIVISION OF PUBLIC HEALTH SERVICES, BUREAU OF MATERNAL AND CHILD HEALTH, WIC PROGRAM

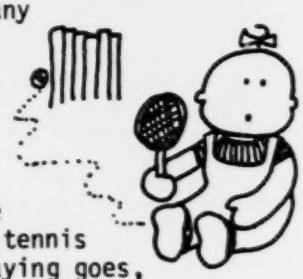
CRADLE CRIER

VOL. 1 MONTH EIGHT (8)

Hello Parents, Your baby is now eight months old!

Let's say you're playing tennis and the ball rolls under the fence out of sight. Even though you can't see the ball, you walk outside the court, find it, and continue the game. It's no surprise to you that the ball still exists, even though it disappeared.

Now let's say your 8-month-old is playing with the same tennis ball and it rolls out of his sight. Your child acts as if the ball doesn't exist any longer, or may keep looking at the spot where it disappeared. Typically, babies up to 6 or 8 months won't make an active search for the lost tennis ball. As the old saying goes, "Out of sight, out of mind!"



When a baby learns that out-of-sight objects exist, it is called OBJECT PERMANENCE. You may notice object permanence has arrived for your baby.

"When I learn 'object permanence' I'll play better tennis!"

Between 8 and 10 months your child will often search for an object he sees disappear from view. For example, if his cup falls off his high chair while he's looking at it, he may lean toward the floor to see where it went instead of just staring at the spot where it was. But this may only occur when he sees it start moving away. Take this opportunity to learn about your child. Cover the cup with a napkin and watch to see if he tries to pick up the covering.

By the way, did you ever wonder why "peek-a-boo" is such a fascinating game to your child? Did you even wonder why your leave-taking upsets your child so much? The answer is that, to the young child, "Out of sight = gone forever!"

Help your child discover the existence of out-of-sight objects by hiding toys and letting him search for and find them!

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College of Life Sciences and Agriculture; N.H. Department of Resources and Economic Development; County Governments; U.S. Department of Agriculture cooperating.

MOUTH AND EYE DEVELOPMENT

Does your child enjoy "funny-faces" and "funny-noises" almost more than any other activity? If so, keep up the good work! You, or someone in your family, must be singing, face-making, and noise-making to your child and the result is an active, aware, and involved infant. Imitation is one of the most important ways your child develops his mouth and eyes and, of course, learns about his world.

Give your child a baby-safe mirror so he can study his face! He will notice many details. Point out his eyes, nose, mouth and ears. Ask him to point out his own facial features. One word of caution, however, don't expect too much understanding of distance or depth perception yet. In fact, your child may pull the mirror right up to his face and try to eat it! This is all part of his mouth and eye development.

"I love to look at myself in the mirror!"

SMALL MUSCLE DEVELOPMENT

Your child may be interested in small objects around the house or on you!--buttons on Dad's shirt, earrings hanging from Mom's ears, even a thread hanging from your sleeve. This is your baby's way of practicing his newly developing ability to manipulate smaller objects. The pincer grasp now lets baby pick up objects between his thumb and forefinger. What fun a bowl of dry cherrios or a fuzz on the floor can be now!

Perhaps this is the time to take a look at the toys your child plays with. Are they the kind he can push, pull, drop, pick up and chew on? Colorful rings that can be dropped on a pole are great fun. They can be taken off the pole, one at a time, gazed at, tasted, and put back on for hours.

"It's fun to play with rings and things!"

EMOTIONAL DEVELOPMENT

Are there some emotional changes going on at your house?

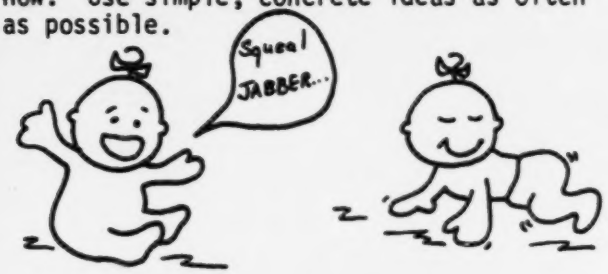
Does your child howl at the sight of strangers? Does he laugh and cry almost at the same time, switching back and forth in an instant? Does he make a fuss if he wants to splash in the bath water and you take him out? If he has a minor bump or bruise, does he sometimes laugh and the next time cry? Does he want company all the time, crying when you leave the room? If so, your child is growing emotionally.

"Yes, I have been very emotional lately!"

Fortunately, infant emotions come and go quite easily. Big outbursts are quickly forgotten. The important thing is to expect these ups and downs in your child's emotional life and bounce along with them.

LANGUAGE DEVELOPMENT

Talking is an important major development in your child's life. Keep chatting with your baby; he is listening more carefully now. Use simple, concrete ideas as often as possible.



"I love to hear myself talk!"

Have you thought about the noise level in your home? Your baby will have a difficult time trying to listen or practice talking if a TV or stereo are on throughout the day.

You may notice your child making noises anytime he's awake. Some of the noises are merely squeals and self-invented words but others are the old "mama" and "da-da" standbys. Talking takes a lot of time and effort.

LARGE MUSCLE DEVELOPMENT

One mission your child has is learning to cope with his body. Many babies crawl quickly and with lots of skill while others are less concerned. The beginning groundwork for walking may be taking place as your baby first learns to hold with one hand, support his weight with one leg and shift to the other. He will need lots of practice in these "preparation activities" before he is ready to take off on his own first walking steps. Remember--each child is unique and has a different timetable. Encourage your child to develop at his own rate.

This is also the age when your child's curiosity blossoms. His full-time job is to explore, examine and make new discoveries. Your baby does not have an instinctive awareness of danger--everything reachable must be moved, opened, emptied, banged, chewed and thrown.

This is also the time when your baby will find himself standing propped against a chair only to see something of interest on the other side of the room but no way to get down! He will let you know of his troubles by screaming for your help to move from a standing to a sitting position.

SOCIAL DEVELOPMENT

It's not too early to begin to try to make your child feel that he is an important individual. This social accomplishment lasts a lifetime. If you begin early to help your child learn about himself and to feel he is a good person, you give him an excellent foundation for success in life.

Start by using his whole name when he is doing something interesting. "Look at John Paul Jones! He's making a pile of red blocks!" "Susan Kay Smith is very important to our family. She giggles and coos at dinnertime." Praise your child for his pleasing and rewarding behaviors--let him know you think he's special and fun to be around.

Building a good "picture of oneself" starts very early.

"I like being me. My family says I'm important!"

FEEDING AND DEVELOPMENT

MONTH EIGHT

Your baby is progressing from gumming her foods to biting and chewing. Teeth may be visible. Soft table foods can be mashed or cut in bite-sized pieces. Your baby can hold a spoon but probably cannot use the spoon to carry food to her mouth yet. Let baby grasp foods with her hand to feed herself. Small crisp pieces of cereal (like cheerios), crackers, cooked carrots, peas, macaroni and kidney beans might be foods your baby likes. Raisins, nuts and popcorn are too hard to chew. Your baby might choke on them so wait until she is about one year of age before feeding them.

After your baby is familiar with several different kinds of cereals, fruits, and vegetables you can feed her some protein foods. Protein foods include pureed or finely ground meats, mashed beans and legumes, boneless mashed fish and mashed egg yolk. Do not buy "Vegetables and Meat" or "High Meat Dinner". Plain meats are a better buy. You can buy baby egg yolks or you can make your own. Hard cook a whole egg, peel away the shell and the white, and mash the yolk with a little milk or formula. Wait until your baby is about one year of age before you feed egg white. Babies sometimes develop allergy to egg white if it is fed too early.

Your baby can drink from a cup with help. Encourage your baby to use the cup instead of the bottle. Don't put her to bed with a bottle. The natural sugars in milk and juice can cause tooth decay.

Cut Down On Sugary Foods!

Each time your child eats or drinks something with sugar in it, his teeth are flooded with an acid made by the germs.

GERMS + SUGAR = ACID

ACID + TOOTH = CAVITIES

So avoid sweets and gooey desserts. Make your own baby food if possible and don't add sugar.

YES !!

Your Child has probably out-grown or is about to out-grow the infant car seat. Toddler seats are available in many stores. Shopping guides can be obtained from your local car seat program or from the N.H. Child Passenger Safety Program in Hanover, 643-5473.

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Cooperative Extension Service
University of New Hampshire

N.H. BUREAU OF MATERNAL AND CHILD HEALTH/HANDICAPPED CHILDREN AND N.H. WIC PROGRAM CONCORD, N.H.

CRADLE CRIER

VOL. 1 MONTH NINE (9)

Dear Parents, Your baby is now nine months old!

How many times have you heard, "I wonder if ...", "I've just got to find out why ...", "It will drive me crazy until I know ..."? Curiosity is a basic human emotion, an inner driving force. Some of us have more of it than others. We do things because of it (or in spite of it) every day. Many times it keeps us going when others have long since quit.

"Curious" researchers who have studied young children report that curiosity is important for success in the later school years. The child who is aware of and interested in his environment will observe and learn from it.

HOW CAN YOU HELP YOUR CHILD DEVELOP CURIOSITY ABOUT HIS WORLD? Research reports the first year is very important in laying the foundation for life-time curiosity. Here are some "sense-able" suggestions that you can begin working on right now:

EARS: Let him listen to MUSIC on the radio or children's records/tapes. Make a "chime" mobile that will catch the breeze. TALK and SING to your child.

EYES: Surround him with bright, moving colors in his toys, room, clothing. Hang mobiles over the crib or bath--change these often.

TOUCH: Give him many textures--soft, hard, smooth, rough. Make a toy, blanket or ball from scraps of fabric--velvet, corduroy, silk. Touch him and let him touch your skin, hair, clothing.

TASTE: Let him try foods that are really different and delicious. Make up your own concoctions and let him try them.

SMELL: Give him many chances to smell things: soap, perfume, food, flowers, feet.

Since your nine month old is at that curious stage when he's into everything, it is sometimes hard to know how to react to his adventurous nature. Try to find a balance--not too protective and not too permissive. If you keep him in a playpen all the time, this is too protective. On the other hand, letting him crawl around everywhere on his own is too permissive. Instead, remove breakable and dangerous items from certain areas of your home and let him crawl about there, keeping an eye out just in case.

The child who's curious is a child who's learning. Because our world is changing so rapidly, curiosity about the environment will always be an important, life-long asset.

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MOUTH AND EYE DEVELOPMENT

Everyone has his own way of gesturing, talking, walking and eating. We all have a different style which makes the world a more interesting place. However, your infant isn't born with a style, it slowly develops as he grows into adulthood. So, at the beginning of life, imitation is the way your baby begins to understand himself and his world.

Have you every put your hand to your mouth, raised your eyebrows and said "Oh-oh!", only to hear a tiny "oh-oh!" in the background and see a small hand over the mouth in exact imitation?

You should encourage your baby to imitate "eye-hand" actions. Especially the actions he can see himself do, like clapping hands, patting the high chair, or batting the mobile.

SMALL MUSCLE DEVELOPMENT

Notice how your baby can now grasp tiny objects between his thumb and forefinger with no trouble at all as well as accommodate his hand to the shape of the object he is reaching for!!

After your child learns to grab and hold onto objects, he'll discover the "thrill" of dropping or throwing them on purpose. You may soon tire of this new trick and begin to feel like the retriever-dog that chases endless sticks! But, put yourself in your child's place for a moment. He has just discovered that hands can do wonderful things and he wants to practice those tricks until he gets them just right. If you observe your child closely, you'll notice that each time he drops or throws the toy he is amazed and delighted when you retrieve it.

A foam rubber ball covered with a washable fabric is a good throwing and dropping toy for those indoor "tricks".

"Oh, how I love this game!"

He now really understand that people and objects have a separate existence when he cannot see them; that they do not disappear forever. This means your baby will search a long time for hidden objects and will not be distracted by other objects. Games where you hide toys or other objects will help him understand this better yet.

SOCIAL & EMOTIONAL DEVELOPMENT

Your baby's behavior is your cue as to the best ways to play with him. Try to get a feeling for the kind of mood he's in, and learn what his different responses mean. In other words, let your baby "help" you decide "what" and "how" to play.

"Sometimes I'm very moody..."

For example, if your little girl is working hard to put a handkerchief over her face after you pull it off, you know she wants to play peek-a-boo. Or, when she acts tired and fussy, she might enjoy singing or looking at a book rather than continuing to play with blocks.

We all have loud and expressive, quiet and passive moods and your child's no different. Changing toys and activities to fit the mood is a very subtle parenting skill and happier, better-adjusted babies are the pleasant result.

A game you and your baby may enjoy is "SO BIG". Ask your baby "How big is the baby?" Baby will hold his hands above his head (he will need help at first) and together say "so big".

LANGUAGE DEVELOPMENT

Your baby may be beginning to say certain syllables in connection with a specific object; this is his first attempt at speaking. For instance, "ba" may mean bottle. Children do not actually begin talking until 18 months to two years.

More important than baby's actual speech is his understanding of what is being said. Continue to talk with him in ordinary conversation, naming familiar objects or telling him what you're doing. For example, when you pick up a ball, say "ball", he will probably imitate you and say "ba". He will not be able to complete the consonant sound. Carry your baby around the house (inside or out) and let him touch different objects while you name them. Let him watch your mouth as you say their names.

A good time for language learning is during diapering or after he's been fed--not when he's hungry or tired.

Relax. Make it fun. Don't insist that he learn all these sounds in a short time, or it may stop being fun.

LARGE MUSCLE DEVELOPMENT

Now that your child is in the "creepy-crawly" stage, there's a new way to play peek-a-boo that's always great fun.

This game encourages your child's large muscle development as well as your own! Get down on your hands and knees on the floor and hide behind the sofa or chair. Let your baby come and find you. Be sure you call to him from your hiding place. At first you must let him actually see you moving to your hiding place, but later on your child will be able to find you just by hearing your call.

By the way, while you are on the floor, try some chase games and ball games. These are always fun to play and will give your baby a chance to practice his new "sensory" skills.

This is also the age when climbing, especially stairs, becomes a fascinating pastime. You may find your child discovering things to climb you had not thought possible. Stairs should be off limits but to encourage your child's stair climbing skills, try putting a gate on the third step. Your child will have a chance to practice without hurting himself.

Reward your child with smiles or loving words when he succeeds, OR when he keeps trying again and again. This encouragement adds to his good feelings about himself. A baby's self-concept starts to form very early!

FEEDING AND DEVELOPMENT

MONTH NINE

Every baby is different. Some will want food more often than others. Some will grow more quickly. Your baby's needs are affected by his activity. Heat may affect how much he eats and drinks. He may eat less when he is tired or when company visits. Or, sometimes your baby may not feel well and will eat less.

Expect your baby to change from day to day. Let your baby guide your food choices. The following feeding schedule is only to GUIDE you in what to offer:

Breakfast:	Cereal	1 tsp to ½ cup
	Egg Yolk	1 yolk (or 2T)
	Fruit	2 to 4 tsp
	Milk	Breastmilk or 4-6 oz formula
Mid-Morning:	Unsweetened Juice	3-4 oz
Lunch:	Vegetable	2-4 T
	Meat	2-4 T
	Fruit	2-4 T
	Milk	Breastmilk or 4-6 oz formula
Afternoon:	Milk	Breastmilk or 4-6 oz formula
	Finger Food	Cracker or banana slice
Dinner:	Vegetable	2-4 T
	Mashed Potato	1-2 T
	Meat	2-4 T
	Fruit	2-4 T
	Milk	Breastmilk or 4-6 oz formula

If you have questions about your baby's food, talk to your doctor, nutritionist or nurse.

Cooperative Extension Service
University of New Hampshire

N.H. BUREAU OF MATERNAL AND CHILD HEALTH/HANDICAPPED CHILDREN AND N.H. WIC PROGRAM CONCORD, N.H.

CRADLE CRIER

VOL. 1 MONTH TEN (10)

Dear Parents, Your baby is now ten months old!

Can you remember your first experience with books? Do you enjoy a quiet hour or two with a good book? Do you love to read? If you have good feelings about reading now, you probably had some good experiences with books and reading earlier in your life. No matter what your feelings about books, you'll probably agree that success in school and in later life depends on good reading skills.

You can introduce your baby to books by making him one from cloth and playing with it together. This book can also help your child develop his small muscles, curiosity and senses.

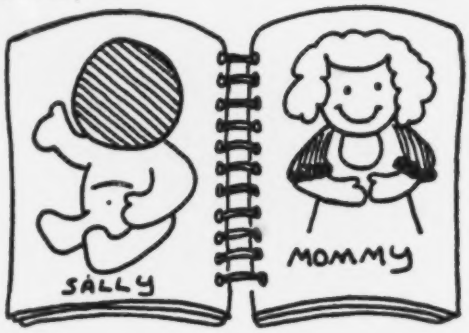
Here is how you can make BABY'S FIRST BOOK.

1) Cut sturdy fabric into 8x12 inch pieces.
2) Bind the pieces together by sewing machine or yarn.
3) On each page put a large, colorful picture of a single object that is familiar to your baby and a single word or phrase below in large capital letters describing the picture.

Here are some suggestions:

a) A picture of "BABY", with a small mirror in place of the face for your baby to see himself.
b) Drawings or photos of family members.
c) A picture of your baby's favorite food with some kind of flavoring rubbed into it.
d) A picture of your baby's favorite toy made from material similar to the toy.
e) A picture of plants or flowers like ones that grow in or near your home.
f) A bunny made from "fake fur" with a "cotton-tail".
g) A shoe made from leather (you might punch holes and string a lace through the shoe.)

Once the book has been made, take time to sit down and "read" it together. Let your child turn the pages, stop when he chooses and explore what's on each page. Talk to your child in a simple way, "Look, Sally, that's Daddy. Feel his beard!"



If you have neither the time, the skill or motivation to make as complex a book as described here, you could cut pictures from magazines and paste them on cardboard pages. Join the pages by yarn, string, shoelaces. (Grandparents or other relatives may want to make a BABY'S FIRST BOOK, too).

If your time is even more limited, remember it is more important to spend what time you have loving and playing with your baby than making materials for him.

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College of Life Sciences and Agriculture; New Hampshire Department of Resources and Economic Development; County Governments; United States Department of Agriculture cooperating.

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MOUTH AND EYE DEVELOPMENT

Have you noticed that when your child is trying to do something difficult, he moves his mouth? You've probably done the same thing when attaching hooks and eyes, threading a tiny needle or hammering a nail. Your child is practicing his mouth and eye coordination even though the mouth business is just a back-up system.

You can give your child more practice by putting a rubber suction toy on the table in front of him. Choose one that makes a sound when you hit it. Show him what happens when you do. Can he set it in motion? Can he make it "talk" when he hits it?

"I can make it talk to me!"

SMALL MUSCLE DEVELOPMENT

Some of the best advice about toilet training in your baby's first year is: don't try! Neither the baby's mind nor his small muscles have developed enough to control something like a bowel movement. His second year is time enough to start testing those muscles. Keeping dry may even come later.

Babies almost train themselves, doctors say, once they can control the muscles involved. About the same time, they discover that going to the toilet is not only a custom but also a comfort. Don't worry now about toilet training.

You may now find your baby can use each hand differently at the same time! In one hand he can carry one toy and with the other hand pick up and give another toy the once over.

Your child's developing mind doesn't stop here. He now realizes he may be able to get that "unreachable" toy by throwing another toy at it.

SOCIAL DEVELOPMENT

Does your child horn in on every conversation and laugh gustily, whether he's in on the joke or not? Does he cry if you're upset with him? Does he shyly hang his head if he thinks you are making fun of him? Does he show how sensitive he is and how much he wants to be the center of attention?

Your child sees and understands so much more of what is happening around him than he is able to express. No wonder the world is a pretty difficult place at times.

Sometimes, babies need a little more time to study people and things around them as they grow older.

"Wow! This world is too much for me sometimes!"

Does your clever child now show an interest in playing games? As his memory grows and develops, he will enjoy playing hiding games and crawling from you to be chased. Beware if you laugh as your child flops on his face as he crawls away when you're in hot pursuit; your baby may intentionally do it again then join you in laughter.

LANGUAGE DEVELOPMENT

Your child is unique and has his or her own timetable of events. Only your child holds the "program" and you just have to wait for his "happenings" as they occur. The speed at which children develop seems most noticeable in their first language attempts. Some children say their first real word at nine months, some wait a year and a half.

Whenever this event occurs, be sure to show enthusiasm. Reward your baby's efforts to use a word. Make him feel extremely proud of his first words. Give him a smile or a hug to show him how happy you are. If his attempts are not appreciated, he will not try very hard to learn new words.

"There are so many things to learn!"

EMOTIONAL DEVELOPMENT

Does it seem as if your child deliberately teases sometimes? Has he ever headed straight for a wastebasket to upset it, making sure you notice? Does he reach for your glasses, almost waiting in mid-air to hear "NO, NO?"

At such moments you find yourself joining the age-old dilemma of parenthood, wondering when to stop the child and when to laugh and enjoy his newest success; when to encourage and when to forbid.

Your child is testing his emotions and yours. He is experimenting to see that "Yes, I have the ability to make things happen" and learn just where his limits lie. It's a painful and normal part of the growth process that will be repeated again and again.

The whole question of teaching children to behave has always been a challenge to parents. It's not so much a matter of making your baby mind as it is a process of making it easy for him to do the right thing.

LARGE MUSCLE DEVELOPMENT

So many factors enter into the age your baby walks: his weight; temperament, whether he is active and aggressive or timid and passive; and his general rate of development, (the speed at which his bones, muscles and ligaments mature).

Have you noticed your child grinning from ear to ear as he shoves along or trys to walk while holding onto the furniture?

Most children keep the same pace in their growth. Yours may be the first (or last) on the block to do everything, others take their time. There's really not much you can do to hurry (or slow) his growth.

However, it is always a good idea to help your child exercise his large muscles freely, to kick, splash in the bath, wiggle toes, stretch and roll over.

AS MANY MOTHERS KNOW, WHEN YOUR CHILD STARTS WALKING, YOUR LIFE IS NEVER THE SAME AGAIN.

"I love to kick and splash!"

FEEDING AND DEVELOPMENT

MONTH TEN

Your baby may try to feed herself with a spoon. Give her some thick foods like mashed potato that will stick to the spoon. She will be able to grasp finger foods neatly with her fingers. Your baby may be able to hold and drink from a weighted cup with double handles and a cover. Let your baby feed herself whenever possible. At mealtime bring your baby's high chair to the table so that she can enjoy eating with the family.

Your baby can eat most of the foods the family eats if they are not fried or highly seasoned. Mash foods or cut them in small pieces. Small hard foods may cause baby to choke. Avoid raw carrots, nuts, popcorn, raisins and small candies. Baby should drink water, juice, milk or formula from a cup. Do not give your baby tea, soft drinks, fruit drinks and Kool-Aid. Desserts should be simple and not too sweet. Soft or cooked fruit, custard and simple cookies such as graham crackers are acceptable for an occasional dessert. Good snack foods are crackers, peanut butter toast, sliced cheese, peeled, soft fruit slices and cooked vegetable strips. Chips and sweetened cereals are not good snacks.

Put small portions of food on baby's plate. Then, if your baby wants "seconds" let her have another small portion. Your baby may eat less because her growth is slowing down. This is normal. Ask your doctor, nurse or nutritionist if you have questions about your baby's growth.

You Can Help Your Child Prevent Cavities And Gum Disease

Brush and floss at least once a day. Start brushing as soon as the first teeth appear. Use a soft, nylon toothbrush with a small head. Scrub the biting surfaces back and forth. On the cheek and tongue sides of the teeth, point the bristles toward the gums and wiggle them back and forth GENTLY. You don't need toothpaste but if you use it get one with fluoride.

Cooperative Extension Service
University of New Hampshire

N.H. DIVISION OF PUBLIC HEALTH SERVICES, BUREAU OF MATERNAL AND CHILD HEALTH, WIC PROGRAM

CRADLE CRIER

VOL. 1 MONTH ELEVEN (11)

Dear Parents, Your baby is now eleven months old!

"He's into everything, poking, dumping, licking, squeezing, tossing, climbing. He's choosy about his food, pours his milk and cereal on the table and then splashes in it! HOW DO I MAKE HIM MIND? IS HE TOO YOUNG TO UNDERSTAND? WHEN DO I START TO DISCIPLINE HIM?"

These are important questions.

You just can't separate discipline from the business of living. Providing security does not mean you should be afraid to say no. This would create an unhealthy, unrealistic situation. This means not letting him crawl over Aunt Sue's scrabble game or hit cousin Jimmy with a handy toy. It is important your child grows to love and trust you.

Your child wants to please you and behave to suit you. So at this age you've got to make it easy for him to do the right thing.

"HOW DO I MAKE IT EASY FOR MY CHILD TO BE GOOD?" Well, try not to ask too much of him! Remember, when he sees something bright and pretty, he learns by feeling and tasting it. Looking tells him little. Therefore, if you don't want him to touch it, put it out of his reach!

Give your child simple toys and safe places to play. Try to avoid situations where you must constantly pull him from the brink of disaster. Handle dangerous situations quickly and firmly. Pick him up and take him elsewhere. Give him words like "hot", "tastes bad", "stop", rather than a flat "no". He'll learn from your face and voice as well as your words.

Teach your child what is dangerous and harmful without punishing him for his natural curiosity.

BE PATIENT, GENTLE & UNDERSTANDING BUT KEEP SHOWING HIM WHAT YOU EXPECT. If you recognize and accept some behavior as part of babyhood you're using good discipline.

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College of Life Sciences and Agriculture; N.H. Department of Resources and Economic Development; County Governments; U.S. Department of Agriculture cooperating.

MOUTH, EYE & SMALL MUSCLE DEVELOPMENT

You can help your child practice his "reach, grasp, retrieve, put-in-the-mouth" trick by playing "pull-the-toy-on-the-end-of-the-string". This activity also helps your child develop some problem solving skills.

You'll need three pieces of string, each a couple of feet long, a favorite toy (something lightweight), and a long table. Tie the end of one string to your baby's toy. Then line all three strings up on the table parallel to each other. All of the ends should be close to the edge of the table. Show your baby how to pull a string toward him and then let him play with the strings in any way he chooses.

If he pulls the one with the toy, say "Oh look! That one has a toy!" or "No toy on this one!"

If your child masters this trick and begins to tire of the game, add some variations: cover the toy and strings with a cloth, color code the string that has the toy, change the toy's location, add other toys to the ends of the strings.

"This is the toy-at-the-end-of-the-string game!"

SOCIAL DEVELOPMENT

Your child learns his social behavior by imitating those around him. You can make use of this fact by playing "copycat". Start the game by copying whatever your child is doing at the time. See if he'll copy you.

Here are some suggestions for "social copycats."

1) Play patty-cake.
2) Make a funny face or play that old favorite peek-a-boo.
3) Wave bye-bye and say the words.
4) Open and close your eyes and mouth.
5) Move your head from side to side, up and down.
6) Pretend to drink from a cup and eat from a spoon.
7) Get on your hands and knees and crawl and creep.
8) Make sounds like whistles, kisses, singing, nursery rhymes.

Imitating someone else's behavior is a difficult skill. It's just about as difficult as putting yourself in someone else's shoes. However, you'll agree it's important to develop this skill for good lifetime relationships.

"Let's play copy-cat!"

LANGUAGE DEVELOPMENT

In those quiet moments just before sleep, your child will practice his language and imitations. From a distance, it will sound like a normal but rather one-sided conversation. However, listen more carefully and you'll hear the usual babbling and gibberish.

Your child may use the pattern, tone, and ups and downs of language long before the actual words. You may also notice your baby may know the names of about ten objects even though he can't pronounce the names yet! This is a good age to begin adding "please" and "thank you" to your requests if you haven't already.

If you have any real concerns or doubts if your baby can hear, do not hesitate to discuss this with your pediatrician. The pediatrician should be able to tell you if your baby requires further examination of his hearing.

EMOTIONAL DEVELOPMENT

You may notice how your baby is becoming aware of what is good and what is naughty. He may bring your attention to his good deeds by saying "See" or "Good boy", while scampering to a safe hiding place when he has misbehaved.

Your baby has learned to rely on your help when trying to solve problems. Now is the time to work with your baby, not for him. Encourage him to attempt new tasks on his own while you provide support and encouragement "from the side lines". All babies need direction and an occasional push. Your baby needs you to provide stimulating problems, and when necessary your help to solve them. Avoid jumping in too soon, give your baby the time he needs. Also make sure you don't force his attention beyond his time limit or understanding.

"I'm stuck, Mom, I need your help!"

LARGE MUSCLE DEVELOPMENT

As you choose toys for your baby, think about his newest "trick" or accomplishment.

Cause-and-effect toys can be used in many different ways. They encourage large muscle development. Put rice, beans or pebbles in a sealed container. Your child will shake that container again and again because he's curious to find out what's inside causing that noise. The pull-toy that shakes, rattles or squeaks as it's pulled encourages action and curiosity.

"This is my cause-and-effect toy! It rolls, it rattles, it rings and dings!"

Be sure to check toys for safety. Are there detachable parts that could be swallowed? Could it break into sharp or splintered pieces? Is the paint non-toxic? Are there points that could injure your child's eyes or nose? Will it hold up a long time under rough treatment?

Pick out toys that encourage action! This means toys you can stack or various push toys as well as sand and water! Patting, poking, rolling, and pinching are favorite activities. Since most things continue to end up in baby's mouth or bouncing across the room, supervision with certain activities is still a must.

Be sure to keep playthings suitable for your child's level of learning and development. Be a label reader. Look for age recommendations, such as "not recommended for children under one." Look for other safety labels including: "Non-toxic" on painted toys, "Flame retardant/flame resistant" on fabric products and "washable/ hygenic materials" on stuffed toys and dolls.

Protecting your child from unsafe toys is a big responsibility. Careful toy selection and proper supervision as he plays is still - and always will be - the best way to protect him from a toy-related injury.

FEEDING AND DEVELOPMENT

MONTH ELEVEN

Your baby is developing food habits that will continue through her entire life. The foods you offer now are the foods your baby will choose for herself as she grows.

Sometimes your baby won't finish eating all the food you offer. This is normal. Don't coax your baby to "clean the plate" by promising a reward. Don't offer an alternative food if your baby refuses to eat a meal. Wait until baby's next snack or meal time before offering different foods.

If your baby dislikes or cannot tolerate a food, don't force him to eat it. Wait a week or two before offering the food again. Offer a small amount of the food with a well-liked food. Try cooking the food in a different way but don't hide the food in a mixed dish. Young children are sometimes suspicious of foods they cannot identify. Most important, your baby will learn from your reaction to the food and will be more eager to eat a food that Mom and Dad enjoy.

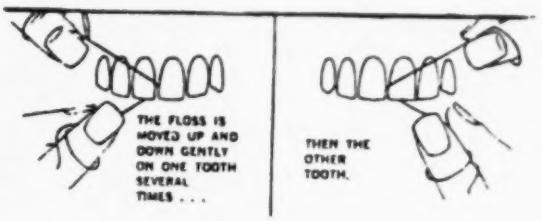
Sometimes your friends and family will offer your baby foods that are not wholesome. Encourage your friends and family to offer nourishing foods but be willing to bend a little. An occasional sweet will not hurt your baby.

You Can Help Your Child Prevent Cavities and Gum Disease

Flossing between your child's teeth is recommended once your child has a full set of primary teeth.

This is where the toothbrush can't reach and where most cavities occur.

Gently work the floss between the teeth. Curve it into a C-shape against the side of the tooth and slide it down just under the gum. Hold the floss tightly against the tooth and scrape toward the biting surface.



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Cooperative Extension Service
University of New Hampshire

N.H. DIVISION OF PUBLIC HEALTH SERVICES, BUREAU OF MATERNAL AND CHILD HEALTH, WIC PROGRAM

CRADLE CRIER

VOL. 1 MONTH TWELVE (12)

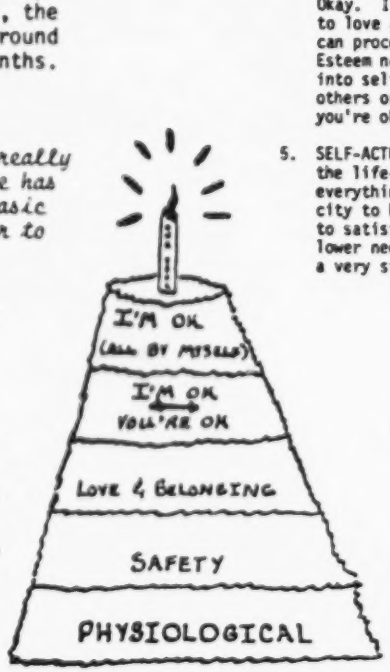
Congratulations to Mom and Dad, Happy Birthday one-year-old!

A year ago, Cradle Crier asked: "Are there times when you wonder if you will survive the next few days?" Not only have you survived, you have helped a tiny fragile newborn become a rollicking, romping child. Congratulations! However, the responsibility for your child's all around development doesn't stop at twelve months. In fact, you've only just begun!

Do you ever wonder what your child really needs in order to become everything he has the capacity to be? There are some basic needs all humans must satisfy in order to be successful in life:

1. PHYSIOLOGICAL Needs - Sleep, hunger, thirst. These needs have motivated your infant most directly up until now. If your child is hungry or tired he won't be very interested in playing learning games.

2. SAFETY Needs - Your child must feel free from danger and physical harm. He needs a secure, stable, consistent environment with routine events and familiar faces in order to develop a sense of trust. These needs must be met before he can move on to the next level.



3. LOVE & BELONGING Needs - If your child has physiological and safety needs met, love and belonging needs will emerge. He will give love and want to be loved by others. He'll feel a member of a group (your family). He'll discover real love must be given in order to be received; it requires honesty, trust, unselfishness, commitment and it must be unconditional.

4. ESTEEM Needs - I'm Okay ⟷ You're Okay. If your child has been able to love and be loved by another he can proceed to the next level. Esteem needs are equally divided into self respect and respect from others or the feeling: I'm okay ⟷ you're okay.

5. SELF-ACTUALIZATION Need - This is the life-long process of becoming everything your child has the capacity to be. This need is difficult to satisfy because even when hi; lower needs are met it still requires a very strong belief-in-self.

"I'M ON TOP OF IT ALL", IS A GOAL WE WORK TOWARD ALL OUR LIVES.

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MOUTH AND EYE DEVELOPMENT

At the end of this first year, your child is probably pretty good at aiming his mouth at the cup, spoon, or bottle. If he sees it coming he'll open wide and then begin to chew or swallow. Remember a year ago? The eating process was only a reflex. Now, taking in or spitting out food is under his control. (Sometimes, you may still wish it was only a reflex!)

CRADLE CRIER reminds you that your child is unique and different from all other babies. Each month CRADLE CRIER has presented developmental steps but they are only suggestions of the order in which "tricks" may occur. In other words, infants accomplish skills in the same order but at different ages.

Have you ever watched participants in an "Anything Goes" obstacle race? There is a precise order for the event. Most of the "athletes" proceed in the same order but for a variety of reasons some reach the goal first, others lag far behind. Almost all participants end up sooner or later at the same goal line, though. This same idea is true for your child's development.

"Kitty, Kitty"

If you call: "Where is kitty?" or "Where is the ball?" does your child look in the accustomed place? Does he also point his finger and make an appropriate noise? Some children can "get this act together" by the end of their first year but others can only do one thing at a time. Remember, each child has his own special timetable for events.

SMALL AND LARGE MUSCLE DEVELOPMENT

If you can stand the noise and the mess, one of the best places for your baby to play is in the kitchen. Set aside a low shelf or drawer with things in it you don't mind your baby taking out. Let him entertain himself. You can keep an eye on him while getting meals ready and he can practice using his small and large muscles.

Here are some things he may want to do:

1. Wave measuring spoons in the air like he waves his rattles.
2. Bang pots together or bang spoons inside the pots.
3. Put smaller pots inside larger pots.
4. Dump beans or macaroni back and forth between pans, cups, bottles and boxes. (under supervision)
5. Put measuring cups inside each other.

REMEMBER TO JOIN YOUR BABY IN PLAY EVERY ONCE IN A WHILE. TALK TO HIM, GIVE HIM WORDS FOR HIS ACTIONS. SAY: "JIMMY IS BANGING THE PAN ON THE FLOOR!" "SUSIE IS MAKING A VERY BIG NOISE!" "JERRY IS PUTTING ONE POT INSIDE OF ANOTHER POT."

CONSTANTLY SHOW YOUR CHILD NEW AND DIFFERENT THINGS TO DO WITH HIS "TOYS".

"I love to help mom cook!"

SOCIAL DEVELOPMENT

No baby can feel secure in a place where things are always changing. When you carry out routines much the same way each day and use the same words for familiar objects, it helps your child settle snugly and happily into his environment.

EMOTIONAL DEVELOPMENT

Even though your child needs feelings of safety and routine, things should happen naturally around your house. It's good for your baby to be with adults who show a natural range of emotions. Obviously, you can't be entertaining and happy all of the time. Control your more negative feelings but don't try to completely "hide" them from your child.

Your child is now old enough to learn to sense when people are displeased or upset with him. This is the way he begins to understand uncomfortable or unhappy feelings. He will be learning to control or express these feelings in ways that are "all right".

"Hey! What's going on around here?"

Each family is different. What is a natural atmosphere in one home is chaos in another. However, consistency is the key. If your child knows the rhythm and movement of the family emotions he can adjust and still feel safe.

LANGUAGE DEVELOPMENT

Your child's first words may be one-word puzzles for you to figure out. He may say "go" but he may mean "where did Daddy go?", or "I want to go in the car." With one word he is trying to tell you a complete thought.

Help him to combine gestures with his single words to make himself more understandable.

He will gradually associate words with the correct object, feeling, action, or activity they represent.

"I learned the word "GO", because I love to go!"

By the end of this first year your baby has developed a personality all his own. He's a full-fledged member of your family. It's hard to do much without his insisting that he be in on it too! He's quite a handful in more ways than his size.

WE HOPE THAT CRADLE CRIER HAS GIVEN YOU HELPFUL SUGGESTIONS AND USEFUL HINTS ON "HELPING YOUR HANDFUL" OFF TO A HAPPY AND HEALTHY START.

FEEDING AND DEVELOPMENT

MONTH TWELVE

During the first year of life your baby's growth is very rapid. Your baby's weight is now about three times her birth weight. During her second year of life baby's growth rate will slow down. Because your baby's food intake will be smaller it is important the food she eats be nourishing. Offer a variety of wholesome foods. Avoid foods with a low nutritional value like chips, sodas, and sweets.

REGULAR DENTAL CHECK-UPS

Your child should go for his first check-up by the time he is 2½ to 3 years old and has all of his baby teeth. Dental visits can be pleasant if they are made before a lot of dental work is needed.

REMEMBER . . .

Make an appointment and keep it.

A mother can transmit her fears to her child by her actions.

Speak about the dentist as a friend.

Be honest with your child. Tell him what's going to happen if he asks.

Don't threaten a visit to the dentist as punishment.

Sometimes, your baby may be "picky" and refuse foods. Baby's way of telling you she's not hungry may be through difficult behavior at meal time. Offer her small amounts of food and let her tell you if she wants "seconds".

Your baby can chew meats and drink from a cup. Soon she will be able to eat any of the foods the family eats. Right now, baby has trouble feeding herself with a spoon. It turns upside down before it reaches baby's mouth, spilling its contents. Sticky mashed potato, applesauce, and pudding are good practice foods. In about 6 months your baby will be able to bring the spoon to her mouth right side up.

Mealtime will become a social time for baby to enjoy. A comfortable relaxed meal time, beautiful and nourishing food, and a loving family affect the way your baby grows and affect life long food habits.

IMMUNIZATION UPDATE:

Your child should have received 3 doses of DTP (Diphtheria, Tetanus & Pertussis) and 2 doses of Polio vaccine. Also, she should receive a Tuberculin Test at this time.

At 15 months, your baby should receive 1 dose of Measles, Mumps, and Rubella (MMR).

At 18 months, your baby should receive her fourth dose of DTP (Diphtheria, Tetanus & Pertussis) and third dose of Polio.

Remember it's up to you to protect your child!

Cooperative Extension Service

University of New Hampshire

N.H. BUREAU OF MATERNAL AND CHILD HEALTH AND N.H. WIC PROGRAM, CONCORD, N.H.

Dear Parents:

This questionnaire comes with your last issue of CRADLE CRIER. We hope the monthly newsletters have given you helpful and interesting information about child growth and development.

In order to continue printing and distributing CRADLE CRIER, we need to know if parents feel it is a valuable newsletter. Please help us by taking a few minutes to complete the following questionnaire and return it to your County Cooperative Extension Service Office.

1. Did you receive all twelve CRADLE CRIER newsletters for months one through twelve?

_____Yes _____No

2. Do you think:

		Always	Often	Some times	Hardly Ever	Never	No Opinion
a. the newsletters were easily understood.	a.						
b. the newsletters were interesting.	b.						
c. you gained valuable information by reading CRADLE CRIER.	c.						
d. you would have preferred a different way to get this information.	d.						
e. overall, CRADLE CRIER was helpful.	e.						

3. What information in CRADLE CRIER did you find most useful?

4. What improvements or changes would you suggest for CRADLE CRIER?

5. Other comments: